



# THE GAZETTE

Goward House  
2495 Arbutus Road  
Victoria, BC V8N 1V9

Telephone: 250 477 4401  
Website: [www.gowardhouse.com](http://www.gowardhouse.com)

**MAY 2012**

Editor: Mary Homer

**GOWARD HOUSE CLOSURE  
MONDAY, MAY 21  
VICTORIA DAY**

## MESSAGE FROM THE PRESIDENT



**Gwen McLaws**

SPRING! It's here and we see evidence of it in our gardens with daffodils blooming and other early flowers being attended to by the resident deer. Soon the tended paths in our woodlands will invite you with new signage which will interest all nature lovers. We can look forward to taking pleasure in a quiet moment seated on a garden bench or enjoying a cup of tea or a nourishing lunch on our sunny balcony\* which has been repaired and made safe for the coming season.

Earlier this month, Carol Nuernberger, our Treasurer attended Saanich Council Chambers on their annual Presentation Night, at which organizations seeking grants have an opportunity to address council. We have asked for an increase in our grant application. In the meantime we continue with our rentals and plans for our popular luncheon BBQs. A spring fashion show is in the works and, of course, our annual Strawberry Tea and much more. Be sure to keep your Gazette by your calendars.

Our special events bring in much-needed revenue that allows us to keep our annual dues low but, as you know, utilities costs have risen dramatically and it has been announced that we are (all) facing a 7% increase. Our need for high-wattage lighting for our art shows and for the many class activities in the Lower Hall, coupled with electric heat, results in a bill of some \$800 a month. Our wish is to replace the outdated lighting which, we have been assured, would greatly reduce this cost over time, but for now it must remain on our wish list.

But, it's SPRING! Come join us and let's enjoy the many things Goward House has to offer!

\*That the deck will require replacement in the near future is something we have been made aware of – but not this spring!

## ACKNOWLEDGEMENT



We would like to acknowledge **Ida Chong**, Minister of Community, Sport and Cultural Development, and the **Province of British Columbia**, for its capital grant of \$10,000 to Goward House Society. We also thank Ida Chong for her past and present support of Goward House in participating in our Thrifty Foods and Purdy's Chocolates fundraisers.

**MAY ART SHOW** **FREE**  
**April 27 – May 30** **ALL ARE WELCOME!**  
**Mon – Fri [9:00 am to 4:00 pm]**

**Continuing Art Show and Sale  
Goward House Painters**

This art show and sale showcases the talents of 32 Goward House artists. The works on display are various in size, subject, and medium.

All are welcome to visit during the:

**Artist's Reception**  
**Sunday, May 6**  
**1:30 pm – 3:30 pm**

**Resources for Retirees** **FREE**  
**Thursday, May 17** **ALL ARE WELCOME!**  
**1:30 pm – 3:30 pm**

**Topic: *Technology for Life: Keeping you safe and living independently at home.***

This is a two part presentation for mature adults to demystify and learn how technology can enhance your life, and live independently longer in your own home. Join two of Victoria's experts in "elder-tech" issues for an informal and informative "show and tell" to learn about what is available.

**Part 1: *How technology can keep you safe and living independently at home***

**Presenter: *David Rittenhouse, Connected Independence***

Learn how technology can help you stay safe at home, and how technology can help you with reminders for medications, appointments, or keeping track of your personal health records.

**Part 2: *How technology can improve your health & well being at home***

**Presenter: *Jennifer Carins, eGurus***

Learn how to use technology to benefit and help you with your everyday needs, alleviate isolation, and help you become a more informed consumer.

*Due to the popularity of these information sessions, please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!*

**Money Matters** **FREE**  
**Thursday, May 24** **ALL ARE WELCOME!**  
**2:00 pm – 3:30 pm (GH Theatre)**

**Topic: *Tax-Effective Charitable Giving Strategies***

This session will offer you the opportunity to learn how to maximize the benefits of your charitable donations. The guest speaker will be Jo-Anne Ryan, Vice-President, Philanthropic Advisory Services.

*Due to the popularity of these information sessions, please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!*

**ART CLASSES: Intermediate Watercolour**  
**May 1st – June 26th (5 sessions)**

**Alternating Tuesdays: 1:00 pm - 4:00 pm**

**Cost: \$210 + HST (materials not included)**

Moving even further "beyond the basics," Intermediate Watercolour explores the depth of watercolour painting in a fun, intimate environment. Explanations and demonstrations will accompany each class, but projects will carry through for several weeks to allow students to develop fully finished paintings. Students will get an in-depth look at colour mixing and paint applications, and learn how to put all the techniques and knowledge together for a well rounded painting approach. Critique, mentorship and detailed notes are all part of this fun, interactive class.

*Register directly with the instructor: Jennifer Olson*  
*Credit card registration can be made by phone at 250 418 8966. GH members receive 10% discount.*

**ART CLASS: Trees & Foliage**

**Friday, May 4 (one session only)**

**10:00 am – 4:00 pm (1/2 hour for lunch)**

**Cost: \$85 + HST (materials not included)**

Learn simple techniques for creating evergreen trees, bare winter branches and textured leaves. Learn how to make distant trees recede into a landscape, while letting others come into the foreground. Students will explore a variety of tree species through several exploratory studies. The samples created in this workshop will be an invaluable reference for future landscape paintings.

*Register directly with the instructor: Jennifer Olson*  
*Credit card registration can be made by phone at 250 418 8966. GH members receive 10% discount.*

**ART CLASSES: Watercolour Basics**

**May 7th – June 25th (7 sessions – no class May 21)**

**Monday mornings: 9:30 am – 12:00 pm**

**Cost: \$245 + HST (materials not included)**

Start your week off with creativity and inspiration! This class is designed for the beginner, or near beginner, who is looking for in-depth instruction in this fun and challenging medium. Jennifer will guide you through basic techniques to get you comfortable with the medium, and excited about exploring the endless possibilities watercolour can offer. Washes, wet-in-wet, glazing, textural effects, colour mixing and composition are just some of the topics covered in this extensive 7 week course.

*Register directly with the instructor: Jennifer Olson*  
*Credit card registration can be made by phone at 250 418 8966. GH members receive 10% discount.*

**May 13 - Happy Mother's Day!**

We wish all of the wonderful ladies of Goward House a "Happy Mothers Day" and hope you enjoy your special day. Regardless of whether or not you can be with your children on this special day, know that you are appreciated and loved. **God could not be everywhere and therefore he made mothers. Jewish proverb**

## Soap Making – Pure & Simple

Friday, May 25

9:30 am – 12:00 pm (Arts & Crafts)



**Cost: \$45** (includes supplies & notes)

**Instructor: Cheryl Theilade** (see bio below)

Soap from scratch! In class, make a long lasting herbal floral soap recipe and a batch of citrus explosion soap. Explore different ingredients, methods and various techniques that you can use to create exciting soaps. Also receive a finished soap bar. Recipes for pet soap, laundry soap and herbal shampoo. Bring a hand towel!

Please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!

## Create Body Care Products – Naturally

Friday, May 25

1:00 pm – 4:00 pm (Arts & Crafts Room)



**Cost: \$55** (includes supplies & notes)

**Instructor: Cheryl Theilade** (see bio below)

Customize your own skin regime! From acne to rosacea, create natural facial products for a healthy complexion – food for the skin! Create face products to meet individual needs. Make and take home a chamomile cleanser, alpha hydroxyl skin toner, moisturizing body lotion (great for face too) and an herbal shampoo and healing lip balm (with sun protection or plain). Plus discussion on herbal pet shampoo (and receive a 30ml bottle of herbal pet shampoo for your furry friend). Additional recipes provided for a brown sugar polish & a carrot n' almond nail oil.

Please pre-register your attendance with our front desk (tel: 250 477 4401). Thanks!

### Enjoy a \$10 Savings

Soap Making:	Cost: \$45
Natural Body Care Products	Cost: \$55
Sign Up for both and save \$10	Cost: \$90

### Bio

Cheryl Theilade has been teaching a variety of classes on natural skincare for over 14 years for various Continuing Education Programs and Community Centres throughout the Lower Mainland. Along with her enthusiasm, spirit and good sense of humour, she shares her knowledge on using ingredients from nature to create affordable, healthy body care products. She offers tips on customizing skincare to suit your own needs or for someone special.

## Fashion Show and Tea

Monday, May 28

1:30 pm – 3:30 pm

**Cost: \$15**

**ALL ARE WELCOME**

Country Life Clothing from Oak Bay will be supplying the clothes for this fashion show. Goward House members will be the models. Come and enjoy a relaxing and fun afternoon selecting your new spring and summer wardrobe. Invite a friend to join you for a lovely tea while you shop.

Please register your attendance with our front desk.

**THRIFTY  
FOODS™** 

Smile Card Fundraising Program

We recently received \$108.72 from Thrifty Foods representing funds raised in March from the *Smile Card* fundraising program. Thank you to all who use their *Smile cards*!

## ART CLASSES: Italian Buildings

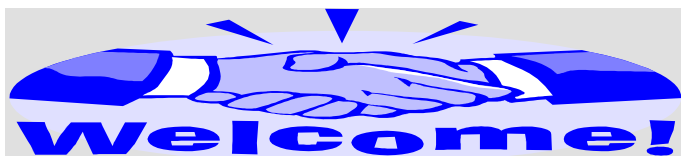
Friday, June 1 (one session only)

10:00 am – 4:00 pm (1/2 hour for lunch)

**Cost: \$85 + HST** (materials not included)

Learn to paint architectural details, textured walls, and cobblestone paths drenched in warm Italian light. Build up textures through layers and glazes, achieve rich intense colours, and learn to create depth and perspective with angled buildings. Jennifer will guide students through various aspects of architecture and surface texture in a full day project.

Register directly with the instructor: Jennifer Olson  
Credit card registration can be made by phone at 250 418 8966. GH members receive 10% discount.



A warm welcome to our newest members: **Stefanie Sheridan, Jo Campbell, Lois George, Maureen Nickolchuk, Marie Warner Van Es, Shana Wright, Joan Bowler, and Elfida Schragen.** Please introduce yourself and help to make them feel at home.

## OUR THANKS TO . . .

long-time member and volunteer, **Everett Peterson**, for writing an article on the Goward House Woodlands which was included in the Cadboro Bay Residents Association newsletter and was also featured in the Municipality of Saanich Spring 2012 edition of *Our Backyard*. Job well done!

**BBQ SEASON HAS ARRIVED!  
ALL ARE WELCOME TO ATTEND**

It is time to dust off the propane tank and fire up the grill. As we have done in the recent past, we will be starting our barbecue season on:

**Wednesday, May 23 . . . rain or shine!**

We will continue to offer the items proven to be popular in the past:

- Salmon Burgers \$ 6.00
- Beef Burgers \$ 5.00
- 100% Beef Hot Dogs \$ 3.00
- Side of Caesar Salad \$ 2.00
- Apple Crisp \$ 3.00



Please register your attendance with the front desk (tel: 250 477 4401) in order to assist us with our grocery shopping and other preparations! Thanks!



**Would the owners of the following treasures please go to the front desk to re-claim ownership:**

- car key (Pontiac?)
- nail clipper (large)
- set of knitting needles
- reading glasses (red)
- reading glasses (black w multi-coloured arms)
- Christmas / New Year's corsage
- large yellow water bottle
- gold coloured plant holder (in Purdy's bag)
- delicate white hanky
- pair of black fleece mittens
- baseball cap (two-toned brown with "H" on the front)
- baseball cap (black with "Peregrine Systems" on the front)

**7 scarves** (as described below):

- burgundy & cream design (square shape)
- Pashmina: dark teal & black
- Pashmina: burgundy, brown, orange velvet
- bluey gray in colour (long)
- burgundy & black (cashmere & silk)
- navy, blue, green geometric pattern(long & silky)
- green and orange (long & silky)

**Any items remaining unclaimed by 4:00 pm on June 29 will be donated to charity.**

<b>SUNDAY</b>	
12:30 – 4:00 not on May 27	Duplicate Bridge – <b>arrive by 12:15</b>
<b>MONDAY</b>	
9:00-10:00	Tai Chi Club [On-Going Group]
9:30-4:00	Billiards (check Games Room schedule)
10:15-11:15	Tai Chi Club [On-Going Group]
11:30-12:30	Strength & Balance
12:30-3:30	Ladies Bridge, one table (closed)
1:00–3:00	Writing Group (3 <sup>rd</sup> Monday of ea. mo.)
1:15-3:00	Goward House Singers
1:30–3:30	Monday Craft Group
<b>TUESDAY</b>	
9:30-4:00	Billiards (check Games Room schedule)
9:30-10:30	Body Shapes
9:30-11:30	Spanish
10:00–2:00	Men's Bridge
10:30-12:00	French am (Intermediate Level)
11:00-12:00	Tai Chi Beginners (restarting in Sept)
Noon-4:00	Bridge, one table (closed)
1:00-3:00	French pm (Advanced Level)
starts at 11:45	<i>Purls of Wisdom</i> Knitting Club
1:30-3:30	Book Club (May 15)
1:00-4:00	Portrait Painters
<b>WEDNESDAY</b>	
9:00-Noon	Drop-in Art
9:30-4:00	Billiards (check Games Room schedule)
12:30-4:00	Duplicate Bridge – <b>arrive by 12:15</b>
1:00-4:00	Chinese Brush Painting
1:30-3:30	Quilting / Craft Club
2:00-4:00	Mah Jong
<b>THURSDAY</b>	
9:00-10:00	Tai Chi Club [On-Going Group]
9:00–12:00	Healing Hands Massage Services
9:30-12:00	Billiards (check Games Room schedule)
9:30-Noon	Sun Room Bridge Group
10:15-11:15	Tai Chi Club [On-Going Group]
11:30-12:30	Strength & Balance
1:00-4:00	Drop-in Art
1:00-4:00	Sunroom Bridge Group
10:00 – 12:00	Resources for Retirees (3 <sup>rd</sup> Thursday)
2:00-3:30	Money Matters (4 <sup>th</sup> Thurs of ea. mo.)
<b>FRIDAY</b>	
9:30-10:30	Total Fitness
9:30-11:30	Spanish
9:30-4:00	Billiards
11:00-12:00	Tai Chi Beginners (restarting in Sept)
12:30-3:45	Drop in Bridge - <b>arrive by 12:15</b>

**IT IS NEVER TOO EARLY TO THINK ABOUT OUR CRAFT FAIR . . .** especially when you are enjoying summer's bounty and making jams or jellies or consider joining one of our Craft groups to help make items for our craft table.

# MEET ONE OF YOUR BOARD (*never bored*) MEMBERS!

David Eyles is a shiny new member to Goward House, having joined in March 2012. David became a member just in time to volunteer as a Director on the Goward House Society Board.

David moved to Sidney, BC from Salt Spring Island, with his wife, in 2001. Although he was a counsellor at Selkirk College at the time of his retirement, in the past he has also worked as a teacher, School Board Trustee [Gulf Islands], Mediator, Assistant Coordinator for the Victoria Volunteer Bureau, and worked with Habitat for Humanity as well as Community Services.

David has many fond childhood memories of spending summers and Christmas vacations at Goward House with his many cousins. He is the nephew of Owen Goward and grandson of Bernard Goward (who actually built Goward House). In the late 60s, David also had the pleasure of living at Goward House for a period of 6 months and has in his possession several original items from the Goward home.



Below is a peek into the mind, heart and soul that is David Eyles, using the Proust questionnaire.

Month, Day and Place of Birth: **April 21, 1947 in Vancouver, BC**

Worst Job: **Installing insulation**

Favourite Book: **Zen and the Art of English Literature**

Favourite Music: **Depends of my mood: Bach or Mozart**

What is your idea of perfect happiness? **Not having any ego**

Favourite way to spend a free afternoon: **Sailing**

What is your fantasy profession? **Celebrant**

What is your principle defect? **Impatience**

What is your biggest indulgence / extravagance? **Our sailboat**

How would you describe your life in 8 words: **I only need one word: *blessed***

What is your motto or maxim? **Be in the moment**

If you could acquire any talent, what would it be? **To play the violin**

What is your biggest pet peeve? **Arrogant politicians**

Which word or phrase do you most overuse? **Suffering is optional**

What is your most treasured possession? **I try not to treasure possessions**

If you could eat only one thing for the rest of your life, what would it be? **Corn**

Do you have one sentence of advice for the next generation of adults? **Don't be preoccupied with material things or with what advertisers tell you are important.**

How would you like to die? **Naturally and with awareness**

What do you consider your greatest achievement? **Having two wonderful grandchildren**

What quality do you most value in your friends? **Their hearts**

What is the quality you most admire in a man? **Honesty**

What drew you to Goward House? **Since childhood I have been drawn to Goward House**

Why now? **I have always thought it was something I wanted to do. I want to contribute**

What activities can the members look forward to seeing you participate in? **Billiards and enjoying the ocean of tranquility it offers in an urban environment**

Contributor: **Mary Homer**

## OUR THANKS TO . . .

long-time member and volunteer, **George Fraser**, for his efforts in painting and doing touch-ups at Goward House. George is always happy to help us out and his efforts help to keep the house looking its best.

Thank you George!